

Feelings *When* Life-Needs are Nourished

EMPOWERMENT

competent
confident
effective
masterful
self-assurance

ENGAGEMENT

arousal
curiosity
enchantment
fascination
interest
open
spellbound

GLAD

bliss
cheerful
delight
ecstatic
elation
euphoric
giddy
happy
joy
radiant
satisfaction

GRATEFUL

appreciation
thankful

INSPIRATION

astonishment
awe
enthusiasm
motivation
moved
passion
reverence
touched
wonder

LOVING

affection
compassion
fond
friendly
nurturance
openhearted
tenderness
appreciation
warmth

PEACEFUL

calm
content
expansive
serene
relaxation
tranquility

PLAYFUL

amusement
full of beans
humor
impish
jolly
mischievous

VITALITY

alive
arousal
effervescence
energetic
excitement
exuberance
invigoration
lively
refreshment
stimulation
vibrance
zestful

* This list is not exhaustive!

Feelings *When* Life-Needs Are Depleted

ANGER

aggravation
agitation
annoyance
exasperation
frustration
furious
irritation
livid
outrage
rage

AVERSION

animosity
bitterness
contempt
disgust
dislike
enmity
horror
hostility
loathing
repulsion
revulsion

CONFUSION

bewilderment
disorientation
foggy
puzzlement
surprise
torn

DISCONNECTION

apathy
boredom
distant
indifference
listless
loneliness
numb
withdrawn

DISEMPOWERMENT

depression
despair
hopeless
pessimism
powerless
trapped

DISQUIET

agitation
concern
discomfort
dismay
distress
disturbance
fidgety
foreboding
hesitance
restless
shock
troubled
uneasy
upset

FATIGUE

burnt out
exhaustion
lethargic
overwhelm
sleepy
tired
weary
worn out

FEAR

afraid
alarm
anxious
apprehension
edgy
jittery
leery
nervous
panic
tense
terror
trepidation
wary
worry

HURT

aching
agony
anguish
devastation
grief
guilt
misery
regret
remorse

LONGING

desire
nostalgic
pining
yearning
yen

SADNESS

forlorn
gloomy
grief
heavy
melancholy
wistful

SHAME

embarrassment
humiliation
insecure
mortification
self-conscious
shy

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